



APRIL AND MAY ACTIVITIES



Therapeutic Programming For Individuals with Special Needs

Fitness & Exercise

Ages: 15+

Location: Norman Park Center
270 F Street, Chula Vista

#4105.290 Mondays, 3:30-5:00pm
April 7, 14, 21, 28
May 5, 12, 19



\$27.00 Resident

\$33.00 Non-Resident

Join us for some exercise and fitness! A chance to meet new friends and learn fun ways to get in shape. Workouts are designed for individuals with developmental and/or physical disabilities.

Instructor: Staff

Brick By Brick Lego Class

Ages: 5+

Location: Heritage Community Center
1381 E. Palomar Street, Chula Vista

#3004.290 Tuesdays, 3:30-4:20pm
April 8, 15, 22, 29
May 6, 13, 20, 27



\$27.00 Resident

\$33.00 Non-Resident

Join us for lego fun! A chance to meet new friends & learn fun new ways to build! Lego play is designed for individuals with developmental and/or physical disabilities.

Instructor: Staff

Zumba

Ages: 5+

Location: Norman Park Center
270 F Street, Chula Vista

#4206.290 Tuesdays, 4:40-5:30pm
April 8, 15, 22, 29
May 6, 13, 20, 27



\$27.00 Resident

\$33.00 Non-Resident

Dance your way to a fitter you! Zumba is a fusion of Latin and International music creating a party-like atmosphere. Routines will feature aerobics and a combination of fast and slow movements. Come have fun and go at your own pace.

Instructor: Staff

Move & Groove Dance Class

Ages: 5+

Location: Heritage Community Center
1381 E. Palomar Street, Chula Vista

#1105.293 Thursdays, 6:00-6:50pm
April 10, 17, 24
May 1, 8, 15, 22, 29



\$27.00 Resident

\$33.00 Non-Resident

Come get your groove on! This class will offer a variety of dance moves including jazz and hip hop. Designed for individuals with developmental disabilities. Dance to all your favorites. One Direction, Justin Timberlake, etc

Instructor: Staff

Basketball

Ages: 5+

Location: Heritage Community Center
1381 E. Palomar Street, Chula Vista

#4202.291 Fridays, 4:00-4:50pm
April 18, 25
May 2, 9, 16, 23, 30



\$27.00 Resident

\$33.00 Non-Resident

This class concentrates on the fundamentals of basketball basics, hand-eye coordination and body strengthening. This class is designed for those with little or no basketball background.

Instructor: Staff

Learn To Swim



Ages: 6+

Location: Parkway Pool

385 Park Way, Chula Vista

#7104.293 - Wednesdays: 4:30-5:30pm

April 9, 16, 23, 30

May 7, 14, 21, 28



\$27.00 Resident

\$33.00 Non-Resident

Join us for a learn to swim class with our aquatics instructors! You must be water safe & be able to stand independently in 3-4ft water. Learn swim techniques and water safety. Designed for individuals with developmental disabilities.

Instructor: Staff

Special Events



Parent's Night Out

#9900.290 Friday April 25, 2014 5:30-7:30pm

#9900.291 Friday May 16, 2014 5:30-7:30pm

Ages: 5+

Location: Heritage Community Center

1381 E. Palomar Street, Chula Vista

\$6.00 Resident

\$10.00 Non-Resident

Come join us for a fun night while we let the parents have a date night out! Enjoy pizza, games, music, crafts and movies with our staff! See you there!

Please register for PNO events at Heritage Park & Community Center or on Activenet, space is limited!

Contact: Carmel Wilson, CTRS, Recreation Supervisor II, cwilson@ci.chula-vista.ca.us, (619) 421-7032
Heritage Park & Community Center, 1381 E. Palomar Street, Chula Vista, CA 91913

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